

What is mercury?

other products. Some indusmeters, batteries, lamps, and water. It is used in thermotries release mercury into found in soil, rock, air, and Mercury is a type of metal the air, soil, and water.

harm my baby? How can mercury

are worried about your child's develop more slowly and mercury in their bodies may when you are pregnant or Young children can also be have problems learning. to mothers who have a lot of Mercury can harm your baby harmed by mercury. If you breastfeeding. Babies born nealth, call your doctor.



- Your local health department www.dhs.cahwnet.gov/home/hsites/lhdlinks.htm County Health Officers can be found at:
- California Environmental Protection Agency Toxicology Section Assessment/Pesticide and Environmental Office of Environmental Health Hazard
- The California Department of Fish and Game www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

- www.dlg.ca.gov/enforcement/regs.html license or at: These are available where you buy your fishing Fishing Regulations booklet
- U.S. Environmental Protection Agency www.epa.gov/waterscience/fish/advisory.html

buy, contact: For information about the fish you

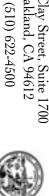
• U.S. Food and Drug Administration www.ctsan.fda.gov/seafood1.html (800) SAFEFOOD Center for Food Safety and Applied Nutrition

Gray Davis Governor State of California

Secretary Health and Human Services Agency Grantland Johnson

> Department of Health Services Diana M. Bontá, R.N., Dr.P.H.

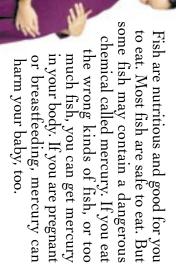
Environmental Health Investigations Branch California Department of Health Services 1515 Clay Street, Suite 1700 Oakland, CA 94612



www.dhs.ca.gov/ps/deodc/ehib/index.htm

Protecting Yourself and Your Family from





stores or restaurants? Can I eat the fish from

shown in the table. you buy, follow the guidelines mercury. For all fish and shellfish even these fish may contain or restaurants are very safe. But Most fish that you buy in stores

family or friends catch? What about fish that

advisory for the areas where your fish were caught. that are safe to eat. Always follow the health advisories tell you the kinds and amounts of fish warnings called "health advisories." Health or other chemicals in them. These areas have If there is no advisory, follow the guidelines shown Fish from some areas of California have mercury

What about children?

caught. If there are no health advisories, follow advisories for the areas where your fish were Mercury can harm children, too. Follow the health the guidelines shown in the table.

SAFETY GUIDELINES FOR EATING FISH

Follow health advisories for the areas where your fish were caught. If there are no health advisories, follow these guidelines:

WOMEN WHO MIGHT BECOME PREGNANT Breastfeeding women PREGNANT WOMEN

or king mackerel. DO NOT EAT shark, swordfish, tilefish,

EACH WEEK, YOU CAN EAT:

water (lakes, reservoirs, rivers, streams), up to 1/2 pound* of fish you catch in fresh

or saltwater bays, up to 1 pound* of fish you catch in the ocean

in stores (fresh, frozen, and canned) or up to 1 pound* of fish and shellfish you buy restaurants.

CHILDREN LESS THAN 6 YEARS OLD

or king mackerel. DO NOT EAT shark, swordfish, tilefish,

EACH WEEK, CHILDREN CAN EAT:

(lakes, reservoirs, rivers, streams) by family up to 3 ounces* of fish caught in fresh water

lore tips for making fish safer to eat:

- little or no mercury. Eat salmon, catfish, shrimp, and scallops which have
- chunk white tuna.
- Never eat the guts of the fish
- they generally have less mercury.
- if possible.

*uncooked weight

call the agencies listed on the back of this brochure. To find out about health advisories,

you can eat? How do you know how much fish

- 3 ounces of fish is about the size of a deck of cards
- size of a thin paperback book. 8 ounces or 1/2 pound of uncooked fish is about the
- 1 pound of uncooked fish is about $\frac{3}{4}$ pound of cooked fish or 2 cans of tuna (6 ounce size).

- Eat different kinds of fish.
- tuna which has less mercury than solid white or If you eat canned tuna, eat chunk or chunk light
- Eat smaller fish rather than older, larger fish because
- these guidelines 1 year before becoming pregnant, Planning to become pregnant? Begin following